

REPAIRING RELATIONSHIPS

Evaluate all my relationships, _____ to those who hurt me and _____ for harm I've done to others except when to do so would harm them or others.

“Get rid of all bitterness, rage, and anger...along with every form of malice. Be kind and compassionate to one another, just as in Christ God forgave you.” Eph 4:31-32

I. FORGIVE THOSE WHO'VE HURT ME

WHY?

1. Because _____
“Never hold grudges. Remember, the Lord forgave you, so you must forgive others.” Col 3:13

2. Because _____
“To worry yourself to death with resentment would be a foolish, senseless thing to do.” Job 5:2 (GNB)

*“You are only hurting yourself with your anger!”
Job 18:4 (GNB)*

“Some men stay healthy till the day they die...others have no happiness at all; they live and die with bitter hearts.” Job 21:23-25

3. Because _____
“When you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive you your sins, too.” Mark 11:25

HOW?

1. R_____ my hurt

2. R_____ the offender.

“How many times should I forgive my brother when he sins against me? ...Jesus answered, “not seven times, but seventy times seven times.”(Mk 18:21-22)

3. R_____ with God's peace.

“Let the peace of Christ rule in your hearts...”

(Col 3:15)

II. MAKE AMENDS TO THOSE I'VE HURT

“Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble hurting many in their spiritual lives.” Heb 12:15

HOW?

1. Make a list of those I've harmed and what I did.

2. Think how I'd like someone to make amends to me.

“Do to others as you'd have them do to you.” Luke 6:31

• The _____
“There is a right time and a right way to do everything.” Ecc 8:6

• The _____
“Speak the truth in a spirit of love.” Eph 4:15

• Is it _____?
“Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal.”

Prov 12:18

3. Refocus my life

“Put your heart right, reach out to God, then face the world again, firm and courageous, then all your troubles will fade from your memory, like floods that are past and remembered no more.”

Job 11